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PATENT ABSTRACTS OF JAPAN

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(54) DEVICE AND METHOD FOR DISPLAYING DEGREE OF STRESS

(57)Abstract:
PROBLEM TO BE SOLVED: To prevent a subject from falling into mentally and physically weakened conditions by recognizing the state of storing stress of the subject.
SOLUTION: A CPU 2 finds the distribution of respective frequency components by executing high-speed Fourier transformation through an FFT circuit 7a to the output waveform of a pulse wave measuring instrument 6, with which the pulsing of blood flow is measured, for a fixed period and detects the imbalanced degree of autonomous nerves to appear as the fluctuation of heartbeat intervals for the fixed period as a stress degree by finding the heartbeat intervals through arithmetic processing at an arithmetic circuit 7b based on the output of the FFT circuit 7a. The detected stress degree is time sequentially stored in a RAM 4, the tendency of the stress degree is judged based on a change in the stress degree stored in the RAM 4 for the prescribed period, and this judged result is displayed on a display 8 as display data.